

Aids to Grace and Beauty



DRISCILLA DEAN

To be strictly accurate in the matter of detail, you should recline among cushions when you read this article.

The dictionary describes "Symposium" as "a convivial feast ending with an intellectual treat comprising extracts from the writing and sayings of a number of people on a given subject."

Unfortunately, the convivial part of today's feast must be limited, so far as I am concerned, to flow of words. You to whom they are addressed, may augment that simple and your own in elation.

The symposium element, however, will include information of varied character, gleaned from various sources and arranged in honor of the many friends who have honored me with their beauty problems.

Their letters came while I was absent. I had not intended to tell you that I was away but it's too good to keep. I went on a honeymoon trip. I hope you will forgive me, but I quite forgot all about freckles and crooked noses and thin eyebrows

and floppy ears. Not until I returned and saw all your letters did my conscience smite me. Some of your inquiries I will answer briefly now. Those correspondents who enclosed stamped envelopes for personal replies will receive detail information by mail. Meanwhile, these general answers may be of benefit to other anxious beauty culturists.

Mrs. L. asks if the hump on her nose can be removed. I have not seen her nose nor the hump but I judge that a competent surgeon could easily bring about the desired improvement.

I know one doctor who makes a specialty of correcting pug, dished, humped, crooked, bent, flat, narrow, upturned or long nose, flaring nostrils, falling septum, and other defects of the nose. Such a specialist can be found in any large city. Ask your own physician or inquire at any surgical hospital for the address of a reliable surgeon specializing in that line.

K. E. J. asks four questions. She wants to know how to reduce a double chin, if a vibrator is beneficial for the face, what is the best cold cream to use and what kind of powder is the best for a dry, sensitive skin.

Dashing cold water on the chin and neck and rubbing lump of ice over them is said to drive away de-

posits of fat. The head should be held high so that the chin will not bury itself in the neck. Sleep with the head on a small pillow and have the chin massaged. A rubber bandage could be used at night to hold the flesh in place, or even a thin, soft towel can be fastened securely over the chin. By causing free perspiration this gradually reduces the flesh. In massage the fingers of each hand should be placed on the back of the neck near the base of the brain, with thumbs under the chin and palms up. The thumbs should pass with heavy, rotary movement over the rolls of flesh from the chin to each side toward the ears. A solution made of three parts camphor water and one part alcohol into which the fingers can be dipped frequently aids the value of the massage.

It is impossible to mention in print special preparations of cold cream and powder. A reliable druggist can suggest the cream and powder best adapted to a dry, sensitive skin and, for the sake of his own reputation as a druggist, will certainly

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the blood on the mucous surfaces of the system. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Hall's Family Pills for constipation.

ONE OF THE LATEST FALL SWEATERS



This dainty sweater is developed in a green and gold mixture that is very attractive. The fringe at the bottom of the neck is a new feature.

not recommend anything injurious.

A vibrator is usually beneficial, especially if some good, pure cream or a flesh food is applied to the face beforehand, just as would be done if the massage were given by hand.

Dottie's question can be answered only partially this time. To develop any part of the body the muscles must be strengthened and stimulated to increase the deposition of adipose tissues. For this purpose the use of a vacuum massage cup is better and more gently effective than manual treatment. It should be given daily, together with a liberal use of cocoa-butter, olive oil or lanolin. There should be no hard pressure. The object is merely to stimulate the circulation of the blood in a gentle manner, causing it to deposit new tissue in the part of the body manipulated and developing it to almost any desired size. Before the massage, however, warm water should be applied to soften the skin and open the pores; after the massage cold water should be used.

Mrs. W. has tried various depilatories without benefit but I am sure if she will try Electrolysis she will have no more trouble with the superfluous growth on her chin.

E. A. says the sulphur and sage mixtures make her permanently white hair look yellow. She asks if "walnut" is any good. I wrote so much about gray hair in a previous article that it seems hardly necessary to write more. No dye can be used for graying hair that will not be more or less apparent. Where one preparation may tend to give the hair a yellowish look, the other will give it a dead, false appearance far more unlovely and really more indicative of advancing years than the natural gray hair. Help the gray hair along by an effective coiffure and instead of killing it with lotion, stimulate its life and lustre by the very best care.

L. H. is troubled with an oily scalp. That is a condition that usually requires treatment and will have to be answered by letter because she must have a medical prescription. One thing she must not do, and that is to continually wash her hair, thinking that soap and water will eliminate the grease. A few hours after a shampoo her hair will be as greasy as ever. The reason is that the glands are not performing their functions properly. An astringent lotion is necessary. The chances are that a person with oily scalp has also a somewhat oily skin. Great care should be exercised as to just what astringent lotion is applied in order that no harm be done.

Mrs. C. and L. H. wants a remedy for thin eyebrows and lashes. They can be improved but the cause of

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their thinness must first be determined. That which might help Mrs. C. would perhaps not do for L. H. The condition of the health, and skin must be taken into consideration, also whether the lashes and brows have recently fallen out or whether they are just naturally thin. To each of these correspondents I shall write a personal letter.

Miss A. W. W. finds glycerine and rose water soothing and beneficial to her face but fears its constant use may produce unpleasant results. I have never heard that preparation was in the least degree harmful providing the person who uses it needed it. In this case it produces a pleasant, soothing effect which would seem to indicate that it is just what is required. Personally I do not like the preparation for the reason that it does not agree with my hands and face. It makes them sticky and greasy, therefore I do not use it. or the same reason I do not use camphor ice. Many people like camphor ice and find it beneficial.

This symposium is finished for today but I haven't come to the end of my list, by any means. I sigh when I contemplate the future for, like Tennyson's "Brook,"

"Honeymoons may come and Honeymoons may go but beauty culture goes on forever."

"I Lost My Best Customers Thru Rats," Writes J. Adams.

"Used to have the busiest Restaurant in town until news spread that the kitchen was infested with rats; lost a lot of my best customers until I tried RAT-SNAP. Haven't a pest in the place now. Restaurants should use RAT-SNAP." Three sizes, 35c, 65c \$1.25. Sold and guaranteed by Chenault & Orear.

In one of last week's issues we changed a girl's name from "Flossie" to "Florence," and the next morning she called us up and registered a kick. The girl is over twenty, and when a girl called "Flossie" reaches that age, it is a kindness for a newspaper man to change her name to Florence, in a personal.

PRODUCE REVIEW

More and more young chickens are coming to market each week. While the supply of fowl has not been large, it has been more than necessary for current use and the market on both live springs and for has declined this week. This condition has been reflected in lower prices in producing centers.

Receipts of fresh eggs are about normal for this season of the year. Quality is reported generally good and prices on good eggs are ruling a little higher than a week ago.

Production of butter continues heavier than a year ago. There is still a surplus over current requirements and this is being placed in storage. Storage stocks are large, considering the probable outlet. There were no marked price changes during the week.

Indigestion

Many persons, otherwise vigorous and healthy, are bothered occasionally with indigestion. The effects of a disordered stomach on the system are dangerous, and prompt treatment of indigestion is important. "The only medicine I have needed has been something to aid digestion and clean the liver," writes Mr. Fred Ashby, a McKinney, Texas, farmer. "My medicine is

Thedford's

BLACK-DRAUGHT

for indigestion and stomach trouble of any kind. I have never found anything that touches the spot, like Black-Draught. I take it in broken doses after meals. For a long time I tried pills, which gripped and didn't give the good results. Black-Draught liver medicine is easy to take, easy to keep, inexpensive."

Get a package from your druggist today—Ask for and insist upon Thedford's—the only genuine.
Get it today.

E 24

- tempting lemon tang Ward's LEMON-CRUSH

"—hey, fellers—c'mon over! Lemon-Crush! Hurry up! Gee whilkens, but it's good!! Yes, the kids can drink all they want—for it is made by the exclusive Ward process from nothing but the pure delicious oil pressed from California lemons, finest granulated sugar, carbonated water and citric acid, the natural acid of the lemon. Lemon-Crush is the companion drink to Ward's Orange-Crush."

in bottles or at fountains

Prepared by Orange-Crush Co., Chicago
Laboratory: Los Angeles

Mt. Sterling Bottling Works
Mt. Sterling, Ky.

Send for free book, "The Story of Orange-Crush and Lemon-Crush."



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